Australian
PENTHOUSE
THE INTERNATIONAL MAGAZINE FOR MEN
SEPTEMBER 1984
FOR SUBSCRIBERS ONLY
EXCLUSIVE PICTORIAL! MOTHER AND DAUGHTER
STRIKEBREAKER: STRONG-ARM TACTICS IN THE SHEARERS' DISPUTE
THE RACIST RIGHT: THEY'RE READY TO FIGHT
DISORGANISED CRIMES: A DOSSIER OF DISASTERS
IMELDA MARCOS: THE IRON BUTTERFLY
THE TRITE STUFF: TRIVIA QUIZ
SPECIAL SEALED SECTION PENTHOUSE SEX GUIDE

Lara Kelly . . . potent blend

THE FEMALE REPRODUCTIVE SYSTEM

Just as there is a wide variation in the appearance of the male genitals, there is probably an even greater variation in the appearance of the female genitals. Many men, and some women for that matter, are ignorant of this area of anatomy. Let's have a close look at this "forbidden" territory.

FEMALE GENITALS

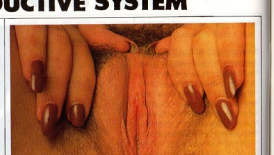
The Hymen: At the very entrance to the vagina lies a fold of "skin" and connective tissues. This protective structure is the hymen ... present in young girls and virgins. Usually with "finger" foreplay and early penetration with the penis, the hymen tissue tears longitudinally, leaving a fibrous remnant.

Many women are overanxious about the pain they may experience during their first attempt at intercourse. Provided that the male is gentle and is able to admit at least two fingers into the vagina during foreplay, there should be little difficulty. Occasionally the tissue of the hymen is so persistent that it needs to be cut surgically. This is not a difficult operation and is quite painless.

You will notice that there seems to be an excess of skin cover around the area of the vagina and in order to understand this anatomy, we need to describe some major features. Starting from above, we have an almost triangular area covered with hair, called the mons pubis. Beneath this hair is a pad of fat overlying the pubic bone.

The Labia: As we proceed downwards, we come to an elongated area of skin which overlaps in the mid-line. This area of skin is called the labia minora (or "small lips"). On the outside of these, there is a more rounded fold of skin with some fat, each side, known as the labia majora (or "large lips"). As can be seen from the photographs, vaginal lips come in all shapes and sizes, even to the point where one lip may be much larger than the other. (There is a widespread belief among many men that large vaginal lips are brought about by very frequent masturbation. Let me assure you that there is no truth in this belief whatsoever!)

The Clitoris: At the upper end of the labia minora lies the clitoris (see diagram). This is a small pea-sized organ which is smooth and partly covered by a foreskin (hood). In order to get a good



This close-up shows the inner labia pulled upwards and outwards to order to expose the delicate clitoris, which is usually about the size of a small pea.

view of the clitoris, it is necessary to pull apart the labia minora.

The clitoris is similar to the penis in that it is highly sensitive to stimulation and contains erectile tie "spongy") tissue, which is capable of engorgement with blood. It does not, of course, allow for any flow of urine. Another common misconception is that a large clitoris indicates a more easily-aroused female. Whilst this may be true in part, it is certainly not essential for a woman to have a large clitoris to be easily stimulated. Many women who have quite small clitorises lead very satisfying sex lives.

Men often do not realise that the clitoris is easily overstimulated and that far from being pleasant, this overstimulation becomes irritating to the woman. In general, a very gentle stimulation of the clitoris is most arousing at first. The lady is then able to describe the type of clitoral stimulation which best suits her mood for the moment. A fundamental mistake is to gradually increase the pressure on this small organ — the intensity may be just too much for the lady, who may have been quite stimulated beforehand.

The Urethra: This small hole, surrounded by puckered skin, can be found between the clitoris and the vagina. It is the tube from the bladder, through which urine passes to the outside. The urethral entrance is quite difficult to find, so please don't think your lady is missing one.

The Vagina: The ancient Romans used this word to mean a sheath which enclosed a short sword — the female vagina may also be considered as a type of sheath which is capable of surrounding the erect penis. Normally, the vaginal walls are collapsed so that the vaginal space usually shown in diagrams is merely a potential space. The skin of the vagina is supported by connective tissues and muscles which are richly supplied with blood. The actual opening to the vagina (see diagram) is controlled by a band of muscle which stretches from the lower spine near the anus through to the pubic bone. This group of muscles, called the pubo-coccygeus or pelvic floor muscles, are of great importance since they control other functions including those of the bladder and rectum, as well as assisting in childbirth. From the sexual point of view, their importance is in gripping the male's penis during intercourse. Some sexologists also believe that a woman who regularly exercises these muscles, and has therefore produced a "good tone" in them, will be capable of more powerful orgasms. Most women who have good control over these muscles are able to "perform" the task of stimulating the penis in a more efficient way, by rhythmic muscle contraction. To practise this, the woman can imagine she is passing urine and then suddenly stop the stream. In order to do so, she will automatically be contracting part of the pubo-coccygeus muscle. Once the woman has learned this sensation, she can practise the muscle contraction in lots of 10 about 10 times per day.

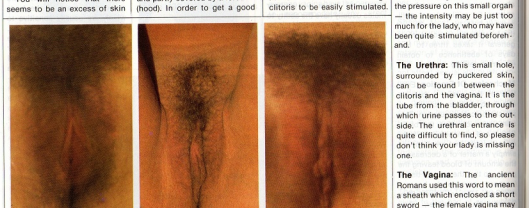
The Grafenberg Spot (G-Spot for short): This controversial area can be found about six centimetres inside the vagina on its front wall, immediately under the pubic bone. When the woman is lying on her back insert the index finger (palm upwards) into the vagina almost as far as the knuckle. Very gently curl the index finger towards you and you will feel a small area about the size of a 10 cent coin. This is the G-Spot, which is reported to give a special sensation to some women. Stimulation of this area may at first make the woman feel she needs to pass urine, but if she is in a state of arousal, continued gentle stimulation may bring about a more pleasurable sensation. Some sexologists believe that this G-Spot is the explanation for the vaginal orgasm, reported as long ago as Freud's time, when a distinction between vaginal and clitoral orgasms was suggested.

The most controversial point of all concerns female "ejaculation", which many women report occurs during orgasm when the G-Spot is stimulated. According to these reports, the ejaculate comes from the urethra and consists of a clear fluid. Certainly, many normal women do produce an additional amount of fluid during their orgasm and many women obviously enjoy having the G-Spot stimulated. From the practical point of view, it isn't necessary for you to get involved in this rather academic argument. Just be aware that this area exists and discuss its stimulation with your partner.

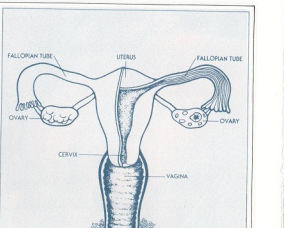
The Uterus (or womb): This structure is a highly muscular organ, with a great capacity to enlarge during pregnancy. Only a small part of the uterus can be felt inside the vagina, and even then with some difficulty. The part which protrudes into the vagina is called the cervix (or neck) and as can be seen in the diagram, it is sausage-shaped and has a small entrance called the os. It is through this opening that the menstrual fluid (blood) emerges during the woman's period.

In most women, the body of the uterus points forward towards the navel (ante-verted) but in a smaller percentage of cases, the body of the uterus points backwards towards the spine (retro-verted). As the erect penis passes close to the cervix, the woman with a retro-verted uterus may complain of pain in certain sexual positions, especially the rear entry or "doggy" position.

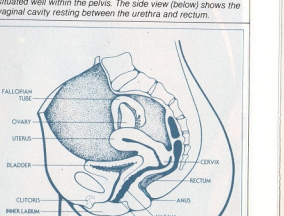
Ovaries And Ovulation: The ovaries are two walnut-sized structures which lie within the pelvis on either side of the womb. They are composed of similar tissue to that of the testes, and are responsible for the production each month of a single egg (ovum), which is released under hormonal action



The labia (or lips) usually cover the entrance to the vagina. The clitoris (see diagrams in this article) is located at the upper end of the inner lips. As with male genitalia, the vagina comes in a variety of shapes and sizes.



In this frontal view of the female reproductive system (above) note that the uterus or womb projects into the upper part of the vagina. The ovaries, which contain the ovum or egg, are situated well within the pelvis. The side view (below) shows the vaginal cavity resting between the urethra and rectum.



THE EROGENOUS ZONES

There are many areas of the female body apart from the genital area which respond to various types of stimulation. The breasts and perineum are important areas, but as this diagram shows, there are many more.

into the Fallopian tube. This process, called ovulation, occurs 14 days (give or take a day) before the first day of the next period. By changing the hormonal balance, the modern contraceptive pill prevents ovulation occurring (provided that the pill has been taken for more than one month). If the woman's cycle is less than 28 days, the time of ovulation and hence her fertile time is nearer to the period just completed (see diagram).

Arousal In The Female: Compared with the male, who is capable of achieving a satisfactory erection in a few minutes, arousal in the female is more complicated and time consuming. Basically this is because two separate processes need to occur — that of fluid production and muscle relaxation.

For many years the exact method by which the vaginal fluids accumulated during sexual excitement was unknown. It was even thought that two small glands (Batholins glands) at the entrance to the vagina were totally responsible. It was only the fairly recent research by Masters and Johnson that revealed how the process actually operates. By direct observation of the vagina during the excitement phase, researchers noted a type of "sweating" from the vaginal wall. In this way, a "transudate" (or fluid) originating from blood permeates through the vaginal wall and the vagina becomes lubricated.

When there is fear or anxiety, fluid production does not occur as readily. The woman who is unsure in a new relationship or who is experiencing stress may take a little longer to be sufficiently lubricated for intercourse, and this is where unhurried foreplay and tenderness will be of best assistance. Under normal circumstances, it takes something like 15 to 20 minutes of arousal for a good production of vaginal fluid to occur.

The muscles surrounding the vaginal entrance also require time to relax and again, anxiety does not help. For these reasons, the importance of foreplay cannot be overestimated. Gentleness, consideration and communication will not only make intercourse easier, but will make the whole experience more pleasurable for both parties.

Erogenous Zones: As we have mentioned with regard to the male, there are numerous areas of the female body which respond to various types of stimulation. In addition to the clitoris, the clitoral hood and vaginal lips, there are two other important areas — the breasts and the perineum.

The female breast varies in its degree of erogenous feelings and this may coincide with the menstrual cycle. Just prior to her period (menstruation) a woman's breasts may become tender and swollen. This is due to the effect of hormonal action on the glandular tissue within the breast. The nipples may also become tender and oversensitive.

At other times the woman will usually respond to gentle caressing, touching and sucking of her nipples — they will enlarge, due to engorgement with blood, and will decrease in size just prior to orgasm. Occasionally, some women have breasts that are so sensitive that given the right circumstances, with continued stimulation (especially sucking of the nipples), they are able to achieve orgasm with breast stimulation alone.

The Perineum: This area between the vagina and the anus is very sensitive if stroked gently. It has a similar nerve supply to that of the male.

Female Orgasm: Female orgasm is similar to that experienced by the male, except that it is not really necessary to achieve fertilisation. Many females, despite years of enjoyable intercourse, never really achieve orgasm.

What happens in an orgasm? Again we owe a great deal of our knowledge to research carried out by Masters and Johnson in the US. In both masturbation and intercourse, the basic process of orgasm is much the same. There is a general build-up of overall muscle tension, and the heart and pulse rate quicken just prior to orgasm. At the moment of orgasm, there is great muscle activity — the intense congestion of the blood vessels within the pelvis is briefly released and there is a rhythmic contraction of the muscles of the pelvic floor. Although it is agreed that orgasm is not essential for fertilisation to occur, some sexologists maintain that the process of orgasm does in fact assist in bringing the ovum in contact with the sperm. Debate is still continuing on this point, but there is no doubt that orgasm is a pleasurable experience. Failure of the woman to orgasm (anorgasmia) can become a clinical problem if the couple interpret this inability as a difficulty.

The aim of both the man and the woman achieving an orgasm at the same time is rather difficult to achieve for most couples. For this reason it is important to communicate with your partner, so as to understand whether an orgasm is important during a particular sexual encounter. Beware of putting pressure on your partner to achieve orgasm. It is possible, especially for females, to enjoy the sexual encounter without orgasm. Being expected to "perform" only leads to tension and anxiety, which in turn makes orgasm harder to achieve and takes away enjoyment.

Sexual Problems Of The Female: Sexual counsellors and therapists recognise a number of female problems such as inability to orgasm (anorgasmia), painful intercourse (dyspareunia) and lack of vaginal lubrication. Fortunately there is help available for most of these difficulties. (See future issues.)

The Male And Female — Some Differences: Very generally speaking, the emphasis for the male is usually on the sexual act itself (ie penetration) whereas for the female there is much greater emphasis on the significance of the relationship and the enjoyment of tenderness and foreplay. As males become more sexually experienced, they usually realise the benefits to both partners of extended foreplay — some even enjoy it!

Another fundamental difference between the male and female response may be seen in a comparison of their fantasies. By far the most common basis of female fantasies and daydreams is the element of "romance." This may involve making love in special circumstances, for example on a moonlit tropical beach, or else the romance may involve a special person.

Men on the other hand commonly fantasise about sexual technique or slightly "kinky" experiences involving the forbidden or daring — multiple partners or threesomes for example. Occasionally women too share these fantasies, but within our culture the element of romance is very strong for women. Without at least making an attempt to understand this female point of view, it is possible that the male's preoccupation with the mechanics of sex may limit his ability as a lover.

Although perhaps we have bombarded you with facts and "figures", by far the most important thing to remember is to relax and do what comes naturally. I hope this and subsequent sealed-sections will give you a little more confidence in your love-making. If you have any topics that you would like covered in this series, please feel free to write to me c/o *Penthouse* Sealed Section.

The head and neck region is a particularly erogenous zone; behind the ears, the side of the neck are well known areas of the body capable of causing arousal in the right circumstances.

PART·ONE
THE BASICS

AUSTRALIA'S

VIDEO WORLD

MAGAZINE

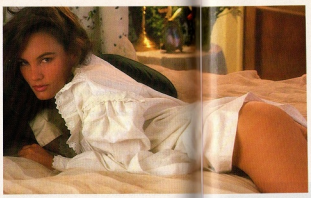
MONTHLY VIDEO VALUE AT YOUR NEWSAGENT

PHOTOGRAPH SUPPLIED BY ELECTRIC BLUE (A/ASIA) PTY. LTD. (03) 329-0579

PENTHOUSE POLAROID PHOTO COMPETITION

We have a winner and it comes from Steve Gilbert of Sherwood in Queensland. Steve's study of Lee Brennan wins him a choice of two prizes from Polaroid. On the one hand there's the snappy Polaroid SLR680 AutoFocus/AutoStrobe camera, and on the other there's the revolutionary new Polaroid AutoProcess system — quite a handful. The AutoProcess package comprises an AutoProcesser, Cutter/-Mounter and a pack of Polachrome 12-exposure film and slide mounts. Everything a keen cameraman needs to process his own transparencies in just a few minutes.

Victoria's Tracee Edwards



ANIMAL MAGNETISM

Donna Stevens tells us she talks to the animals. This 21-year-old keeps a menagerie of furred and feathered friends and consequently she does a lot of chattering. And Donna says that when she talks, they listen. Men's ears prick up even before she opens her mouth, but that's called magnetism.

PHOTOGRAPHY BY STEVE WAYDA

EDUCATING RITA

Rita Flanders is quick to admit that she's got a lot to learn. While she's not what you would call a dumb blonde, it is fairly obvious once she gets talking that she's very, very naive. A dangerous trait in the big city, but one that's yet another refreshing aspect of this perfect young woman.

PHOTOGRAPHY BY MICHAEL ANCHER

AUSTRALIA

NARELLE

She's not of exotic extraction, but there's no doubt that she's world-class. Narelle Franklin from Sydney's northern beaches reckons she qualifies as a girl of the world because she'd been globetrotting with her parents since she was six. And, if it's not obvious, these are her parting shots. Narelle's off to London to do some modelling and make a fine fist of proving that Aussie girls are the pick of the international crop.

PHOTOGRAPHS BY NIGEL FRANKLIN

DENMARK

BIRGITTE

Like the little bit of fluff in her homeland's most famous fairytale, Birgitte Petersen considers herself to be somewhat of an ugly duckling. "I have never considered myself to be physically beautiful," she says. "However, I have brains and to me, intelligence is beauty." Birgitte is saving to put herself through medical school in Copenhagen. It's odds on that she does well; many an ugly duckling's made a good quack.

PHOTOGRAPHS BY TOM STRANGE

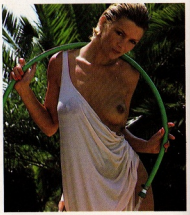
PENTHOUSE INTERNATIONAL

USA

BETTY JO

You don't need a skinful of moonshine to appreciate the womanly talents of Southern belle, Betty Jo McAlister. Twenty-four-year-old Betty Jo works as a cooking instructor in Asheville, North Carolina and rumor has it that she rustles up the best dish of chitterlings and black-eyed peas south of the Mason-Dixon line. "Why, I do declare," shrills our Southern beauty proudly, "some of the men-folk around here reckon they'd eat a mile of my grits to get at my chit'lins."

PHOTOGRAPHS BY STEVE JORDAN



ICELAND

RIKA

She comes from the land of the ice and snow, but whenever she can afford it 21-year-old Rika Svetlana jets off to thaw out in the West Indies. That's where we photographed her. Rika claims that she undergoes a personality change as soon as she hits warmer climes. Back home in Reykjavik she's cool and reserved but in the tropics no-one gets the cold shoulder. Understandable. Anything would freeze over after too long in the frigid air.

PHOTOGRAPHS BY RANDY ERICKSEN

IRELAND

SHEILA

It's little wonder the Emerald Isle gave the world the limerick and William Butler Yeats. It's not hard to get poetic when confronted with visions of Irish loveliness like red-headed Sheila O'Gorman. Sheila, 24, works as a sales rep for a computer firm based in Dublin. It's a challenging job, but Sheila has managed so far to come to grips with complicated computer technology and neatly avoid coming to grips with colleagues who're angling to sink a few bytes into her software.

PHOTOGRAPHS BY PAT TANSEY